

1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 14: Breakdown of the Higher Fiber and Whole Grain Foods
Reported by California Children**

Higher Fiber and Whole Grain Foods	Mean Servings
Total	0.5
Dry Beans	0.3
Higher Fiber Cereal	0.2
All Cereal	0.8

California Department of Health Services: June 2004

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Table 15: Range in the Number of Servings of Dry Beans Eaten by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of dry beans did you/your child eat?

	Servings of Dry Beans Reported, Percent of Children	
	0 ¹	0.5+
Total	59	41
Gender		
Males	60	40
Females	57	43
Ethnicity		
White	66	34
African American	47	53
Latino	47	53
Asian/Other	80	20
Income		
≤\$19,999	39	61
20,000 - \$49,999	53	47
≥\$50,000	72	28
School Type		
Public	57	43
Other	70	30
Overweight Status		
Not at Risk	62	38
At Risk/Overweight	56	44
Food Stamps		
Yes	44	56
No	61	39
Physical Activity		
≥60 minutes	57	43
<60 minutes	60	40
School Breakfast		
Yes	35	65
No	63	37
School Lunch		
Yes	51	49
No	72	28
Nutrition Lesson		
Yes	60	40
No	58	42
Exercise Lesson		
Yes	60	40
No	56	44

¹ Categorized as having less than 0.5 servings.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 16: Consumption of Cereal¹ and Higher Fiber Cereal² by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of cereal did you/your child eat?

	1 or More Servings of Cereal ³	0.5 or More Servings of Higher Fiber Cereal	
	Out of Everyone	Out of Everyone	Out of Cereal Eaters
Total	54	21	27
Gender			
Males	58 *	22	28
Females	50	20	27
Ethnicity			
White	53 *	24 **	31
African American	53	21	24
Latino	59	20	26
Asian/Other	41	8	14
Income			
≤\$19,999	53	14	20
20,000 - \$49,999	56	23	29
≥\$50,000	52	22	29
School Type			
Public	56 **	21	26
Other	41	23	32
Overweight Status			
Not at Risk	54	23	29
At Risk/Overweight	51	19	26
Food Stamps			
Yes	53	24	32
No	54	21	27
Physical Activity			
≥60 minutes	56	20	27
<60 minutes	52	21	27
School Breakfast			
Yes	52	18	21
No	55	21	28
School Lunch			
Yes	54	21	28
No	53	20	26
Nutrition Lesson			
Yes	53	22	30
No	56	18	23
Exercise Lesson			
Yes	53	22	29
No	55	18	23

¹ This includes cold and hot breakfast cereals.

² Higher fiber cereal is defined as cereal containing 3 or more grams of fiber.

³ Categorized as having more than 0.5 servings.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

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Table 17: Higher Fiber Food Consumption by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of cereal did you/your child eat?

	1 or More Servings of Higher Fiber Foods ¹ , Percent of Children	
Total	52	
Gender		
Males	51	
Females	52	
Ethnicity		
White	50	***
African American	60	
Latino	60	
Asian/Other	27	
Income		
≤\$19,999	65	***
20,000 - \$49,999	57	
≥\$50,000	42	
School Type		
Public	52	
Other	46	
Overweight Status		
Not at Risk	50	
At Risk/Overweight	53	
Food Stamps		
Yes	61	
No	50	
Physical Activity		
≥60 minutes	52	
<60 minutes	51	
School Breakfast		
Yes	68	***
No	48	
School Lunch		
Yes	57	***
No	42	
Nutrition Lesson		
Yes	51	
No	52	
Exercise Lesson		
Yes	51	
No	52	

¹ Categorized as having at least 0.5 servings of dry beans or 0.5 servings of higher fiber cereal.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

*** p<.001